

Pumpkin and Sweet Potato

Ingredients

- 500g sweet potato
- 500g pumpkin
- 1 large brown onion (diced)
- 2 cloves garlic (crushed)
- 1 litre vegetable stock
- 2 tbsp olive oil
- 125ml thickened cream
- Salt and pepper to taste

Cooking Method

1. Heat olive oil in a large pot over medium heat.
2. Add onion and garlic, and sauté until softened, about 3 minutes.
3. Add sweet potato and pumpkin, stirring to coat in the oil and aromatics.
4. Pour in vegetable stock and bring to the boil.
5. Reduce heat to low, cover, and simmer for 20–25 minutes until vegetables are soft.
6. Use a stick blender to puree until smooth.
7. Stir in cream and season with salt and pepper to taste.

Tomato and Capsicum

Ingredients

- 8 large ripe tomatoes, halved crossways
- 1 red capsicum, quartered lengthways
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1 tsp caster sugar
- 2 garlic cloves, finely chopped
- 1 potato, peeled, roughly chopped
- 2 cups chicken stock
- 1 tbsp tomato paste
- 1/2 cup basil leaves

Cooking Method

1. Preheat oven to 180°C. Place tomatoes and capsicum in a lined roasting pan. Drizzle with vinegar and oil, sprinkle with sugar and garlic, season, then roast for 1 hour until tender.
2. Meanwhile, simmer potato, stock and tomato paste for 10 minutes or until the potato is tender.
3. Blend the potato mixture until smooth. Blend the roasted vegetables with pan juices and 1/3 cup basil, then stir into the potato mixture.
4. Heat through, season to taste and serve topped with the remaining basil.

Chicken and Sweet Corn

Ingredients

- 2 cups chicken or vegetable stock
- 1 can creamed corn
- 1 tsp soy sauce
- 1 clove garlic
- 1 tsp ginger
- 1 tsp cornflour
- 1 cup shredded chicken
- 1 egg
- Salt and pepper to taste
- 1-2 shallots

Cooking Method

1. Place broth, creamed corn, soy sauce, garlic, ginger, cornflour and water in a saucepan over high heat.
2. Bring to boil and then turn down the heat to medium and stir occasionally over 5 minutes or until slightly thickened.
3. Season with salt and pepper, turn off and remove from heat. Slowly whisk in the beaten egg.
4. Add the cooked chicken, garnish with shallots and serve

Potato and Leek

Ingredients

- 8 potatoes, peeled and cubed
- 4 cups chicken broth
- 350g bacon, cut into 1-inch pieces
- 3 leeks, sliced
- 1 cup heavy cream or can evaporated milk
- Salt and pepper to taste

Cooking Method

1. Place potatoes and chicken broth in a large saucepan or stockpot; bring to a boil. Cook until potatoes are tender.
2. Meanwhile, cook bacon in a large pan over medium-high heat, turning occasionally, until evenly browned. Drain on paper towels.
3. Add leeks to pan over medium-high heat; sauté 5 minutes.
4. Drain potatoes and add to cooked leek and bacon. Remove from heat.
5. Blend with stick blender being careful to not over blend and make potato gluey.
6. Add cream, salt and pepper as needed and serve.